

# Junior Lifeguard Program



This summer season marks the seventh year of the Junior Lifeguard Internship Program. As a Junior Lifeguard, you have gained valuable ocean experience. As an intern you can help youths of various ages in achieving a greater knowledge of the ocean environment. This experience will allow you to sharpen your own skills in ocean safety, and help you gain the skills necessary to become a San Diego ocean lifeguard.

Please note the [application](#) must be signed by a parent or guardian in order to participate in this year's tryout and interview process. **Applicants must be sixteen or seventeen years of age on or before June 12<sup>th</sup>, 2008.**

The hiring process will consist of two phases, a swim trial and an interview. Each candidate must complete both phases in order to be considered for an intern position. In order to be eligible for an interview, applicants must first pass a 500 meter open water swim in less than ten minutes and thirty seconds. Tryouts will be held at the Santa Clara Recreation Center on April 29, May 1, May 6, and May 8 at 5 p.m. **You must bring a completed application with a parent/guardian signature in order to participate in the tryout.** Swim caps and goggles will be allowed during the tryout. We strongly suggest regular swim workouts in order to prepare for qualifying swim.

Upon successful completion of the swim trial, you will be scheduled for the interview segment. The interview will consist of situational questions and pertinent employment history and experience. Interviews will be held on the Saturday afternoons following the tryouts, May 3 and May 10. You will be notified of your status by May 15, 2008.

This summer we expect interns to be able to work both sessions of the program. Each intern will be given equal hours weekly. We will do our best to accommodate conflicts in schedules, however we cannot guarantee time off if requested. **Also, please note this year that the orientation and training dates are mandatory.** Orientation will be held on Tuesday, May 20 at 4:00 p.m., at the Santa Clara Recreation Center. Training is scheduled for Friday, June 20 from 8:00 am to 4:00 p.m., also at SCRC. Due to the number of interested applicants, no exceptions will be allowed.

If you have any questions pertaining to this process, please call (858) 581-7861 or email us at [sdjuniorguards@sandiego.gov](mailto:sdjuniorguards@sandiego.gov). We look forward to meeting with you very soon.